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The Principles of Psychosomatics in Dental Practice

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[Editor's Note: Dr. Ryan received his D.D.S. degree in 1921 from the University of Illinois; a B.S. degree from Illinois Institute of Technology in 1924, and was a graduate student of Medill School of Journalism, Northwestern University, 1926-1927. In addition to maintaining his dental practice, he is editorial director of Oral Hygiene Publications, including *Dental Digest*, *Oral Hygiene*, and *Spanish Oral Hygiene*. Dr. Ryan has had numerous articles published in various journals and is the author of two well-known books—"Psychobiologic Foundations in Dentistry" (Charles C Thomas, 1946); and a historical novel on the military career of Abraham Lincoln, "*Comes An Echo On The Breeze*" (1949).

For the Chicago Dental Society, Dr. Ryan has served as editor, treasurer, and president, as well as having been chairman of many of its most important committees. He has also been active in many other societies and organizations.]

Mind and Body Inseparable

The fundamental fact to remember in any discussion of psychosomatics is this: *The mind rules the body.* Or, if you prefer, the nervous system rules the body. The nervous system regulates "both the internal vegetative processes of the organism and also its external affairs, its relations to the environment."

Interchange of Experiences—Psychosomatics means that there is a free interchange of all experiences between the mind and the body; if the mind is distraught the body suffers and if the body is disturbed the mind suffers. Conversely, when pleasurable experiences occur the serene mind produces a relaxed body and a tension-free body gives a peaceful mind. This interaction and inseparableness of

the mind and body is explainable in anatomic and biochemical terms; in terms of neural pathways and hormones.

Basis in Biology—This point is emphasized because there is nothing of the cultist, nothing of the mystic or of the soothsayer in the concept of psychosomatics. It is not a subject that exists in the realm of phantasy; it is a subject that has deep biologic roots and manifestations that are observed every day in clinical practice and in all interpersonal relationships: the complete human organism responding to the forces within the environmental field.

Descriptive Terms—In the traditional approach to disease the terms "organic" and "functional" have been convenient labels of description:

Organic means that there is demon-

The DENTIST and the CRANIAL NERVES

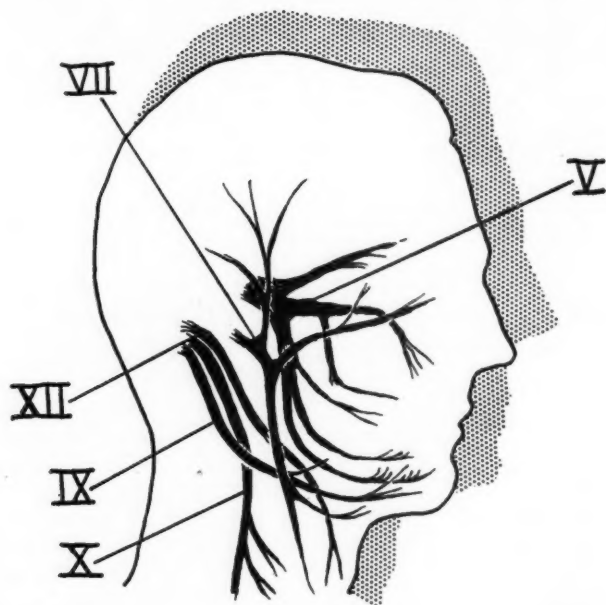


Figure 1.

AREAS OF FACIAL PAIN

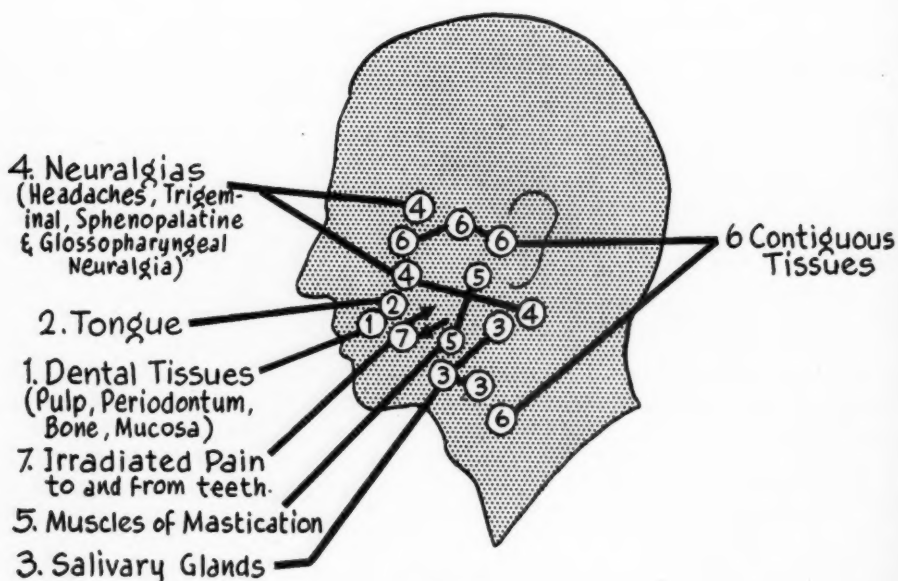


Figure 2.

strable morphologic or tissue change and that the process is not reversible. The lesion of dental caries is an excellent example.

Functional means that there is no demonstrable tissue change and that the process may be reversible.

Possibility of Organic and Structural Change—The qualifying word *may* is highly significant because if function of a tissue or a part is long disturbed, organic or structural change may occur. The lesion of peptic ulcer is an example. Emotional conflict may interfere with gastrointestinal function over a long period of time with the result that an ulcerous lesion develops in the gastric mucosa.

A Supplementary Concept

Before examining the neural and humoral mechanisms at work in the production of disease an over-all view should be taken of the etiologic forces that operate in the production of all disease. To ignore the genetic and environmental factors, the physical and bacterial traumata in disease, and place all the emphasis on neural and humoral mechanisms would of course be ridiculous. The concept of psychosomatics does not displace the other concepts of disease; it is a supplementary concept.

Survey of Etiologic Forces

I am neither a neurologist nor a biochemist so what I have to offer of these subjects is culled from many sources and is in no wise original. But to understand the psychosomatic point of view it is necessary for dentists to remember several points:

(1) Fundamental facts concerning the central nervous system.

(2) Facts concerning the structure and functions of the autonomic nervous system.

(3) An examination of the new concept of an adaptation syndrome to non-specific stresses as described by Hans Selye.

The Central Nervous System

In the practice of dentistry we are concerned with more than one cranial nerve, that is, the fifth or trigeminal (Fig. 1). A brief anatomic review (adapted from Cobb) suggests the involvement of other nerves as well as the trigeminal nerve:

"V. Trigeminal nerve: innervates temporal, masseter, digastric ($\frac{1}{2}$) and mylohyoid ($\frac{1}{2}$), tensor tympani and tensor palati muscles. Sensory endings in muscles, skin of face, and mucosa of mouth and teeth. Function: biting, chewing, sensation of face and jaw muscles.

"VII. Facial nerve: innervates submaxillary and sublingual glands, facial and digastric muscles; taste buds of anterior tongue. Function: secretion of saliva, movements of face.

"IX. Glossopharyngeal nerve: innervates parotid gland and pharyngeal muscles. Sensory endings of pharynx and tongue, taste buds of posterior tongue. Function: swallowing, taste, sensation of tongue and pharynx.

"X. Vagus nerve: innervates smooth and striated muscles of pharynx. Function: motor and inhibitory to viscera, swallowing, phonation, palate movements.

"XII. Hypoglossal nerve: innervates tongue muscles. Function: movements of tongue, muscle sense."

Categories of Syndromes—The five cranial nerves that are involved in lesions in the dental and contiguous tissues are mentioned because the dentist in his diagnostic procedures must be prepared to evaluate seven categories of syndromes (Fig. 2):

1. Pain in the dental tissues; the pulp, the periodontium, the supporting bone, and the mucosa.

2. Pain in the tongue.

3. Pain involving the salivary glands.

4. The neuralgias, and headaches including trigeminal, sphenopalatine, and glossopharyngeal neuralgias.

5. Pain in the muscles of mastication including myositis, fibrositis, and trismus.

6. Pain in the contiguous tissues in-

cluding the temporomandibular joint, the maxillary sinus, the throat, and the ear. Pain in tumors.

7. Referred or irradiated pain from the teeth and to the teeth.

Points of Origin Provided by Head and Face—Many of the pains that afflict mankind find their sites of origin in the head and face; many of the structures are within the field of interest of the dentist. Although painful stimuli that have their origins in the dental pulp and the supporting dental tissues are the chief concern of the dentist, he cannot be unmindful of conditions in tissues con-

tist as a diagnostician must think of the teeth and the supporting tissues as points of origin of facial and head pains and systemic disease. He must also consider the teeth and their contiguous tissues as being sometimes involved in diseases of other tissues or organs.

Importance of Complete Physical Examination and Evaluation—The concept of psychosomatics does not mean that we may ignore the regular and accepted diagnostic procedures. Before any psychogenic label is placed on a condition a full and complete physical examination and evaluation must be made.

"We must regard all diseases as states or modes of behavior of a person who is a body-mind unit, and it follows, surely, that all disease must be regarded as psychosomatic, in the sense this word is generally used. All disease must affect in some degree both body and mind. We have no right, then, to divide diseases into physical and psychological, in the sense of that which arises or affects the mind and that which arises in or affects the body, nor to say that something happening in an entity mind can cause something else to happen in an entity body."—Bomford, R. R.: Changing Concepts of Health and Disease with Particular Reference to "Psychosomatic Medicine," *British Medical Journal*, No. 4811, (March 21) 1953.

tiguous to the dental tissues that may be the causes or be involved in facial pain.

Responsibility for Differential Diagnosis—Although the dentist may not be prepared to treat pathologic conditions in the maxillary sinus, the facial musculature, in the throat, the ear or the neuralgias that involve the nerves of the face, he should be prepared to make differential diagnoses and refer sufferers to competent medical colleagues for treatment. The diseased tooth may be the site of severe facial neuralgias, of disease in the maxillary sinus, of enlargements in the cervical glands, of disseminated systemic disease.

Possible Involvements Considered—Conversely, pain in the teeth and jaws may result from sinus disease, hypertension, and be encountered in biliary disease and in angina pectoris. The den-

The Autonomic Nervous System

The second general subject of discussion concerns the autonomic nervous system. The autonomic or involuntary nervous system is not under the control of the will; it is entirely motor. It is this system that is of particular importance in understanding the principles of psychosomatic medicine. The autonomic system is divided into two sections: (A) the sympathetic, and (B) the parasympathetic.

Antagonistic Functions—The two divisions are considered to be antagonistic. The sympathetic fibers carry stimulating impulses to organs. The parasympathetic carry inhibitory fibers. The sympathetic excites activity; the parasympathetic depresses activity. Although they have antagonistic functions, they collaborate

EXTERNAL WORLD

NERVOUS SYSTEM

1. CENTRAL
2. AUTONOMIC

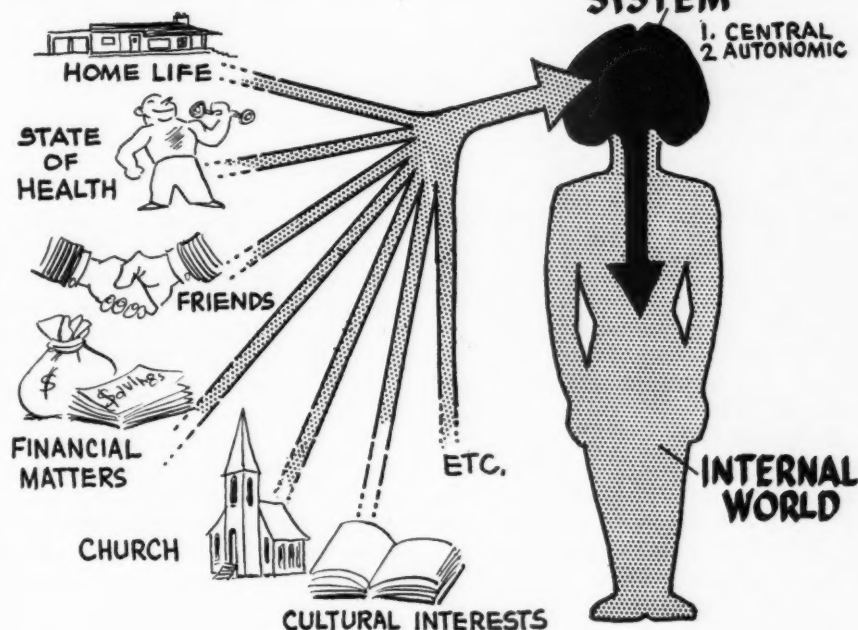


Figure 3.

in every vegetative process of life. In health they are in balance.

Role of the Autonomic Nervous System—In evaluating the role of the autonomic nervous system in psychosomatic medicine we can do no better than to quote directly from the authority, Franz Alexander:

"The total functioning of the nervous system can be understood as being aimed at maintaining conditions within the organism in a constant state (homeostasis). The nervous system achieves this task by the principle of the division of labor. Whereas the voluntary central nervous system is entrusted with regulations of the relations to the external world, the autonomic nervous system controls the internal affairs of the organism, i.e., the internal vegetative processes (Fig. 3). The parasympathetic division of the autonomic nervous system is more explicitly concerned with conservation and upbuilding, i.e., with anabolic processes."

Manifestations of Parasympathetic Function—"Its anabolic influence manifests itself in functions such as the stimulation of gastrointestinal digestive activity and the storing of sugar in the liver. Its conserving and protecting function expresses itself, for example, in contractions of the pupil as protection against light, or in the spasm of the bronchioli as protection against irritating substances."

Preparation of Organism in Emergency Situations—"As was postulated by Cannon, the main function of the sympathetic portions of the autonomic nervous system is the regulation of internal vegetative functions in relation to external activities, particularly in emergency situations. In other words, the sympathetic nervous system is involved in the preparation of the organism for fight and flight by modifying the vegetative processes in a way most useful in emergency situations."

Anabolic Processes Inhibited—"In

preparation for fight and flight, as well as during such activities, the sympathetic inhibits all anabolic processes; thus it becomes an inhibitor of gastrointestinal activity."

Other Processes Stimulated—"The sympathetic stimulates heart and lung action, however, and changes the distribution of the blood, driving it from the splanchnic area to the muscles and lungs and the cerebrum, where an augmented supply of energy is needed for their increased action. At the same time the blood pressure rises, carbohydrates are mobilized from their depots, and the adrenal medulla is stimulated. To a high degree the sympathetic and parasympathetic actions are antagonistic."

A General Definition—"The generalization may be made that under parasympathetic preponderance the individual withdraws from his external problems into a merely vegetative existence, whereas under sympathetic stimulation he neglects or inhibits his peaceful functions of upbuilding and growth and turns all his attention toward facing his problems in relation to the external environment."

Two Basic Emotional Attitudes—"In general, the emotional disturbances of vegetative functions can be divided into two main categories. These two categories correspond to the two basic emotional attitudes described above:

"1. Preparation for fight, or flight, in emergency (sympathetic dominant).

"2. Withdrawal from outwardly directed activity (parasympathetic dominant)."

Combination of Reactions Possible—"These correlations between symptoms and unconscious attitudes cannot be extended simply to a correlation between overt personality features and symptoms. Moreover, a combination of both types of reaction may be observed in the same person in different periods of life and in some cases even simultaneously."

Vegetative Imbalance and Dental Disease—One may ask if there have been any correlations between autonomic imbalances and the two most common forms

of dental disease: caries and periodontal disease. There have been no significant and sustained scientific studies, but some investigators have suggested that there are relationships that exist between vegetative imbalances and dental disease.

Broderick's Conclusions

An Englishman by the name of Broderick wrote a book on dental medicine which has been largely neglected; at least his point of view has not been widely emphasized. Here is what Broderick has said on this subject of association between autonomic imbalances and dental disease:

"We have discussed the relation of vegetative imbalances to constitution and diathesis, a matter of which we must all have appreciated in some form or another, not only in our work as narrow specialists, but in our general relations to our fellow men. We have seen that this depends upon the particular vegetative balance which an individual possesses as an inherited trait, as peculiar to himself as are his features and his bodily build."

Source of Temperament and Personality—"We have seen that this rests upon a chemical-physical basis which not only will give to an individual his immunity and susceptibility to disease, but is in fact the cause of his special temperament and personality. That is, it is upon this threshold that the strains and stresses of life begin to act upon his body, his mind, and his spirit. This represents what McDonagh calls intrinsic disease. . . . Active caries will without doubt point to a vegetative imbalance in the direction of sympathetic dominance."

Problem of Pyorrhea—"Pyorrhea presents a somewhat different problem. It is true that destroyed alveolus will not rebuild, nor deposited calculus automatically disappear, but a gingivitis may be a thing which comes and goes according to the state of health of the patient and this gingivitis may or may not accompany caries or pyorrhea; therefore, it is

much easier to say whether the patient is at the time in perfect health. . . ."

Forerunner of Functional Disease—"Instability of the vegetative system may lead to a predominance on either side, with excess sympathetic or parasympathetic stimulation of the organs and tissues. The fact that this will lead to chronic functional disease will be obvious, as also that these consequences will differ according to which side of the vegetative system is in control. In the case of caries, we should expect to find sympathetic dominance; in the case of pyorrhea, parasympathetic dominance."

Autonomic System Described by Page

Another dentist, Melvin E. Page, writing on the role of the autonomic nervous system, described the sympathetic dominant person as one with higher than average blood pressure, higher body temperature, and larger in structure *above* the waist than the average.

Temperament: The sympathetic dominant was in temperament alert, extroverted, irritable, quick tempered, and possessed excessive nervous energy.

Dental Constellation: The sympathetic dominant subject included in his dental constellation the tendency to gingivitis, periodontitis, and subgingival caries.

Parasympathetic Dominant — Lower blood pressure and body temperature, and larger structure *below* the waist than the average characterize the parasympathetic dominant. In temperament he is phlegmatic, placid, and "slow." His dental constellations include pale gums, calculus formation, and caries.

Possible Result of Change in Saliva—Discussing this same subject I pointed out some time ago the following possibility: A change in the chemistry of the saliva brought about by chronic emotional tension states *might be a cause of dental caries.*

Various Expressions of Emotional Tensions—A change of nourishment of the soft tissues in the mouth or chronic tension within the autonomic nervous

system *might be a cause of periodontal disease.* In one person the chronic emotional tension state may express itself in a peptic ulcer; in another coronary insufficiency, asthma, hypertension, or colitis. All these manifestations of the psychosomatic component in disease have been demonstrated brilliantly.

Oral Signs of Tension States—There is no physiologic reason in terms of the structure and function of the autonomic nervous system, why in some persons the signs of tension states may not find expression in disease of the oral organs which, like all tissue, are in many of their functions under the influence of the autonomic nervous system as well as the central nervous system.

Oral Structures Part of Organismal Unity—Before we are quick to discharge as preposterous the theory that diseases of the mouth structures may be a part of our emotional state, we should refresh our minds on the fundamental physiologic laws which state that these structures are also part of organismal unity, that the most important of all bodily functions, the regulation of the heart beat, respiration, the processes of digestion, are not under control of the central nervous system, but under autonomic supervision.

Local Imbalances in Major Role—If, in the "wisdom of the body," the vital functions are so organized, there is no reason why some aspects of the lesser functions are not similarly supervised, and this is in fact true. . . . To liquidate any misunderstanding of this emotional hypothesis of the causation of dental disease, it is necessary to state emphatically that local bacteriologic and chemical imbalances still may play the vital part.

Preparation for Bacterial Attack—The possible chemical changes in the buffer state of the saliva may be initiated by changes of the function of the salivary glands by autonomic stimuli. This change in chemistry may prepare the soil and lower the chemical threshold for the attack by microorganisms. The same may be true in the case of periodontal lesions. The change in the blood supply of the mucosa of the mouth by vasodilation or

vasoconstriction may upset the fine balance in the tissue to make possible invasion of these parts by pathogens that have an elective localization for periodontal tissue.

Supplementary Theory—The proposal that oral disease may be in part of psychogenic origin is to be considered a supplementary theory and not a substitution theory. Bacteria and viruses are the agents that actually cause many diseases, but the disease state can be produced when the tissue is not prepared to combat the invasion, when its defenses are weakened. That weakness may be inherent, it may be produced by trauma of the surroundings, or the tissue tolerance may be lowered by chemical and vascular changes that originate from a state of chronic autonomic tension.

Intensive Research Needed—What we need is definitive and sustained research under the most exacting scientific disciplines to determine if there are psychogenic factors involved in some types of dental disease.

The Adaptation Syndrome

Now we enter what may be the most difficult area of explanation; namely, the general adaptation syndrome of Selye (Fig. 4). But let us reverse the usual teaching procedure and talk about end-products and end-results before defining the primary mechanism. The adrenal corticoid hormones represent the end-product of the reaction to nonspecific stress. In terms of dental clinical interest, the following observations are presented:

Potential Dangers—Dentists should be aware that the widely discussed anterior pituitary and adrenal cortical hormones, ACTH and cortisone, have potential dangers. These compounds have been shown to inhibit wound healing. These hormones inhibit proliferation of fibroblasts and depress body growth, granulation tissue formation, and osteogenesis. This would suggest that an extraction or any other surgical wound will not heal well in the presence of excessive adrenal cortical hormonal activity.

Organismal Shock—The alarm reaction which is a part of the general adaptation syndrome may be described somewhat like this: The organism suffers a shock or stress of some kind. It may be a fever, the invasion by bacteria or foreign protein, a surgical or accidental trauma, or a psychic impact.

Reaction to Organismal Shock—The adrenal medulla produces epinephrine. The epinephrine stimulates the anterior lobe of the pituitary to form ACTH. The ACTH stimulates the adrenal cortex to secrete cortisone.

Changes from Liberation of Cortisone—The liberation of this hormone produces certain anatomic changes: (1) All lymphatic tissue (the thymus, spleen, lymph nodes) share in an atrophic process and the lymphocytes and the eosinophils in the circulating blood are reduced. (2) Fibroblasts are depressed in places where they are needed as well as in regions where they are not desirable. (3) The fibroblasts in blood vessels may be decreased and the skeleton may undergo demineralization under ACTH or cortisone therapy.

Possible Dental Implications

Any reaction that unfavorably affects wound healing, causes a marked decrease in resistance to infection, and depresses inflammatory phenomena and osteogenesis is a subject that should be of vital concern to dentists.

Basic Reaction Pattern Always the Same—We have discussed the possible implications to dentists of the use of ACTH and cortisone. The injection of these hormones induces a reaction within the organism that is usually more pronounced than the reaction that follows the intrinsic production and secretion of adrenal corticoid hormones. The autonomic-anterior pituitary-adrenal mechanism is responsible for the adaptation syndrome which is described by Selye: "All living organisms can respond to stress as such, and in this respect the basic pattern is always the same, irrespective of the agent used to produce stress. We

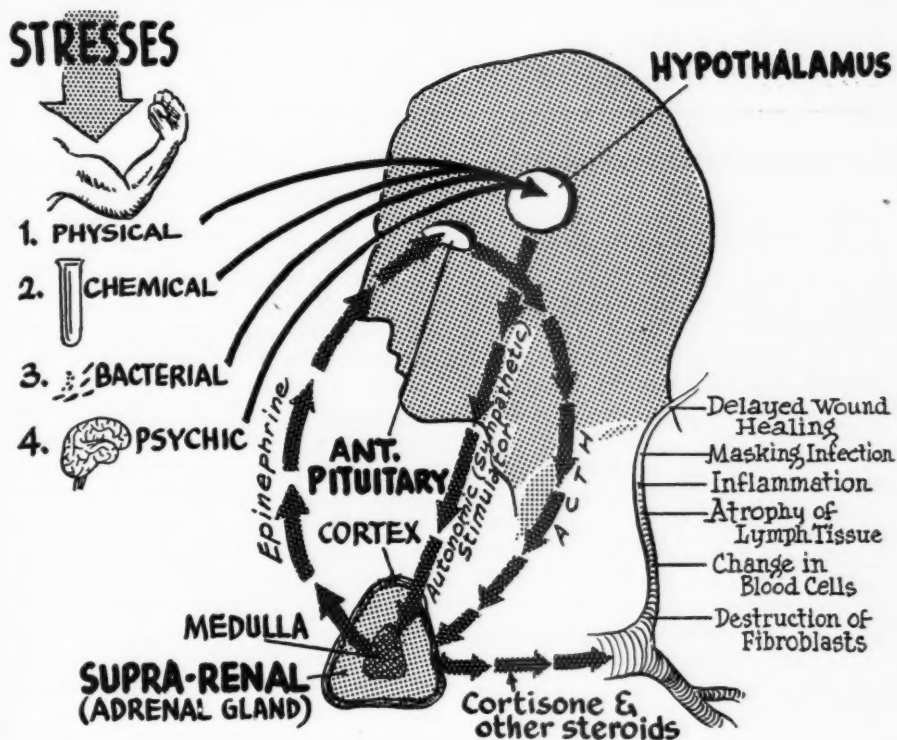


Figure 4.

call the response the general adaptation syndrome and its derails the diseases of adaptation."

The Fundamental Prerequisites—"Anything that causes stress endangers life unless it is met by adequate adaptive response; conversely, anything that endangers life causes stress and adaptive responses. Adaptability and resistance to stress are fundamental prerequisites for life and every vital organ and function participates in them."

Alarm Reaction—A noxious stimulus (chemical, bacterial, physical, or psychic) initiates a chain reaction within the body, the so-called alarm reaction. In the first or "shock" phase the heart beat is quickened, the concentration of sugar and sodium drops, the blood pressure falls, the epinephrine is released from the adrenal medulla. The epinephrine stimulates the anterior lobe of the pituitary to release ACTH.

Second Stage—The ACTH stimulates the adrenal cortex to secrete cortisone and other steroids and thus begins the second state of the alarm reaction, the "countershock" phase. In "countershock" the adrenals enlarge, the lymphatic tissues become inactive, and the blood pressure rises. This leads to the "stage of resistance."

Return to Homeostasis—If the mechanisms of response are adequate and properly balanced, recovery results and the nervous and humoral mechanisms return to equilibrium: to homeostasis.

Consequences of Excessive Defense Measures—If, however, the organism does not return to equilibrium and the adrenal cortical hormones continue to pour into the body, two things may result: (1) "Diseases of adaptation" may develop—hypertensions, kidney involvements, myocardial lesions, arthritis, for

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ABSTRACTS

PLASTER MIXING TECHNIQUES

Various mixing methods were used in this study to compare the effects of the use of vacuum equipment and power-driven mechanical spatulators on the physical properties of dental plaster, with the conventional hand techniques. The objective was to determine what type of procedure would produce optimum physical properties.

All techniques were carefully executed. Less porosity, measured by the air flow meter, was obtained by power-driven spatulation and by the sifting technique in a rubber bowl. Compressive strength increased when the mix was vacuumed. Mechanical spatulation likewise produced maximum strength. The rubber bowl, being flexible, seemed to result in slightly better spatulation than the glass bowl, thus giving less porosity. The power-driven mechanical spatulator used in this study produced the most consistent results, although either vacuum or mechanical spatulation produced superior results. In all cases, water-plaster ratio and proper mixing procedure must be adhered to.—*"INFLUENCE OF MIXING TECHNIQUES ON SOME PHYSICAL PROPERTIES OF PLASTER,"* by John T. Lindquist, M.S., D.D.S., Ralph E. Brennan, B.S., and Ralph W. Phillips, B.S. *The Journal of Prosthetic Dentistry*, March, 1953.

O. C. L.

HEALED WOUNDS AFFECTED BY VITAMIN C DEFICIENCY

According to recent evidence, ascorbic acid deficiency may cause degenerative changes in previously healed wounds. Experiments were carried out with young adult male guinea pigs, reared on a diet containing adequate amounts of ascorbic acid. A linear midline laparotomy

incision was performed on each animal, and wounds allowed to heal for six weeks. Half of the animals were then placed on a diet free of vitamin C, while the other half were given a nutritionally complete diet to serve as controls. After 17 to 18 days, signs of scurvy were noted in most of the "deficient" animals. The signs were very pronounced in all the deficient animals by the 26th day. At this time, swelling, herniation and hemorrhage were noted in the scars of the deficient animals; there were no similar changes in the scars in the controls. All the animals were then killed for histological study. In the scorbutic guinea pigs the epidermis of the laparotomy wounds appeared normal, but the underlying connective tissue showed marked degenerative lesions. The surrounding connective tissues were normal. The changes consisted of fibroblastic proliferation, regression of connective tissue elements, and hemorrhage.

Thus it appears that adequate ascorbic acid intake is necessary not only for normal healing, but also for the maintenance of previously formed scar tissue. This study indicates that scar tissue is more susceptible, at least in animals, to vitamin C deficiency, than is normal tissue.—*"EFFECT OF VITAMIN C DEFICIENCY ON HEALED WOUNDS,"* *The Journal of the American Medical Association*, May, 1953. O. C. L.

VITAMIN B₁₂ TREATMENT OF TIC DOULOUREUX

Many therapeutic agents have been used in an attempt to give relief in tic douloureux, but in most cases the results have not been satisfactory. This disease is characterized by severe paroxysms of pain involving one or more branches of the trigeminal nerve. This article dis-

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NEWS AND ANNOUNCEMENTS

HENRY URBAN WINS GOLF TROPHY

Henry J. Urban of the Kenwood-Hyde Park Branch won the handsome President's Trophy awarded by Elmer Ebert at the Chicago Dental Society's Golf Outing on June 17th with a low gross of 73. Right behind him in second place was Thomas P. Cavanaugh of Englewood with a 74 and third with a 75 was Arthur G. Freeman of the North Suburban Branch.

Randall L. Wescott of North Suburban took the honors in the low net department for CDS members with a 67 just ahead of Bob Placek, Northwest Side Director, with a 68.

George Runyan of Englewood sank a 160-yard approach on the 11th hole for a birdie two while another, less adept, member ran up a total score of 135 strokes for the front eighteen. He was, appropriately enough, awarded a copy of Sam Snead's new book on "How to Play Golf," so we may hear from him in a different way in the future.

All in all, the Society's Golf Outing this year was a most pleasant time, enjoyed by all. Some 106 of the boys spent the day frolicking amid the bucolic serenities of Woodridge, C. C. and were the better men the next day for it.

GEORGE W. TEUSCHER SUCCEEDS CHARLES W. FREEMAN AS DEAN AT NORTHWESTERN

Dr. George W. Teuscher, Northwestern University professor of pedodontia (children's dentistry), has been named dean of the University's dental school, Northwestern president Dr. J. Roscoe Miller announced recently.

Dr. Teuscher, who assumed his new duties July 1, holds four degrees from

Northwestern, two from the University's dental school and two from its school of education.

He succeeds Dr. Charles W. Freeman, dean of the school since 1938, who is retiring to devote his time to teaching. Dr. Freeman will continue on the faculty as professor of dental surgery.

Dr. Teuscher joined the dental school faculty in 1933 and became chairman of the department of pedodontia in 1935. He received his doctor of dentistry degree from Northwestern in 1933 and the degree of master of science in dentistry in 1936. He obtained the degree of master of arts from the University's school of education in 1940 and the doctor of philosophy degree from that school in 1942.

In addition to serving on the dental school faculty, Dr. Teuscher also is clinical assistant in surgery in the University's medical school and a staff member of Wesley Memorial hospital.

A fellow of the American College of Dentists, he also is a member of the American, Illinois, and Chicago Dental associations and several other dental societies. A past-president of the Northwestern Alumni association, Dr. Teuscher resides in Barrington.

10 PER CENT OF NATION'S POPULATION NOW DRINKING FLUORIDATED WATER

An estimated 16,500,000 persons, or more than ten per cent of the nation's population, are now drinking fluoridated water routinely, according to recent figures compiled by the A.D.A. Council on Dental Health. Fluoride ions are now being added to the water supplies in a total of 703 communities with a population of more than 13 million. In addition, some 3,570,000 persons living in 1,152 communities are served by water supplies

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NEWS OF THE BRANCHES

NORTHWEST SIDE

Comes the hot weather, and one doesn't know just where to start. To go on and on about the vacations, that's news, because names make news; about new cars, again names. That lecture on where, what, when and who, really makes a newshound conscious of all these. . . . So, Earl Kuznetsky and Toby Weinshenker spent the better part of a week at the Walter Reed Hospital in Washington, D. C. attending a course offered by the army for the oral surgeons in the various National Guard and Reserve Units. The sight seeing was incidental. . . . Mitch Kaminski, Jim Mershimer and Joe Ulis have completed attendance at the University of Illinois. This time they were part of a class on Cardio-Vascular Diseases. . . . We sometimes wonder where our society dollar goes. The figures of the Committee on Dental Health Education of our society should show us all a return in the patients that are brought into our offices by education. 228 schools, both public and parochial, participated in dental examinations; 77,982 pupils in these schools were examined, with a result of about 16,000 new patients added to the patient lists of our members. Ed Stephens, director for the committee, is to be commended for his good job. . . . Your correspondent was busy visiting the halls of Congress at the time when the Northwesters were having their Family Basket Picnic, so none of this is first hand. We do bring back a message of greetings from Rep. Tim Sheehan, who represents a good part of our Northwest Side Branch district. Stopped at the House of Representatives, and found him right on the job. . . . To get back to the reports on the picnic, Bill Walters did a good job as chairman, and was ably helped by Vig Sorensen, Ed Suffka, Thad Czeslawski, Roman Podraza and Thad Chrobak. Weather was good, the

attendance good, and the activity satisfying. Apparently, the family style approach to a branch summer outing may be the answer. . . . The branch extends its sympathy to Cas Rogalski on the loss of his brother, and to Mrs. John Gates and John on the loss of Mrs. Gates' father. . . . To those of you who may be TV fight fans, and catch the local boxing shows, the Dr. Duxler that you hear announced as one of the judges, is one of our own Northwesters. Art enjoys his hobby, watching the mouth props that the boxers use for tooth safety. . . . One of the sad moments that comes into a reporter's life, is when he is called upon to mark the passing of a close friend. I am sure that even as the branch extends its sympathy to Toby Weinshenker on the passing away of his father, Dr. Lewis Weinshenker, there will be many of us in the Northwest Side Branch who will feel this loss keenly. Lew was a dental society man, first, last and always. The fact that at the time he was a member of the West Side Branch, meant nothing if there was a problem for dentistry anywhere in the city. The West Side Branch loses one of its most illustrious lights, and we mourn with them. —Ben Davidson, Branch Correspondent.

NORTH SUBURBAN

We were sorry to see but a few members out at the Chicago Dental Society golf outing at Woodridge. There were two foursomes from Evanston and perhaps a couple of others from the branch, but not a good showing. Those absent missed a fine time and a lot of fun. Keith, Chronquist, Wescott, Stine, Grover, Shafer, Verink, and Freeman comprised the Evanston contingent and all got a prize except Fred. However, Jim Keith had to draw his own name out of the hat to get his prize and Harry Chronquist looked disappointed until the last one had his

name on it. It was a door prize, fellows, not for being last. Westy came through in fine style with a good game and low net for the day. I don't know whether this was his celebration or not but he since has been seen driving a beautiful hard-top Chrysler with a gaudy interior. . . . Tom Stephenson, Stevie's son, was in town for a short stay on his way to take the Navy course at Bethesda. He is to speak at the Evanston Dentists' luncheon on "Dentistry in Korea." . . . Speaking of Bethesda, I saw Blaine Rhobotham in town a month or so ago and he is taking the same course there, starting on July 1. He and his family have been stationed in Naples, Italy the last two years or more. . . . Congratulations to Waldo Urban for having been informed by the American Board of Orthodontics that he has successfully passed and is now a diplomate of the American Board of Orthodontia. This same diplomate, after receiving much advice and counsel from all golfers, has purchased a new set of irons and is now raring to go. It is said that on the first trial he shot a one under par—99. . . . Ray Schulze of Des Plaines shot a 77 recently and couldn't stand the strain. The next day the physician sent him home with a pain in his chest. Hope it isn't serious, Ray. . . . We are sorry to report that Walter Poyer of Des Plaines very recently had a heart attack and the last word was that he is still in the hospital. . . . Adrian Swanson and Zenas Shafer have both recently moved into new homes. The big argument now seems to be whether Shafer's villa has more bathrooms than Floyd Grover's mansion has garages. No one has yet reported an accurate count of either. . . . John MacLean took his new Dodge on a trip to Philadelphia last week. . . . Andy Koller is leaving for two weeks' fishing in Minnesota, and Carl Schramm, is in Colorado on a camping trip. . . . James Pearce and family have left for a fine trip to Europe this summer; we'll be looking for a travelogue. . . . I wonder how Bruce Davy does it—never go by his home but what his dad, Oak, is hoeing the garden, painting, or some-

how helping out. I'd like to know the secret, although with that basketball team Bruce is working toward, I think he needs it. . . . Fred Verink, who is the president of the North Shore Chapter of the Barbershoppers, is also Chairman of the dinner tickets for the North Suburban dinner meetings and wants me to let you know. Just give him a call and he'll be glad to supply you with a season ticket. More details later. . . . Bill Mayer was looking chipper and back at the office part time but I just heard today he is back home and having transfusions again and more donors would probably be very happily received. . . . Paul Bos-tian of Arlington Heights has gone for a tour of Yellowstone Park. . . . Here is a prospective member of North Suburban—Marvin Jacobson is just out of the Army Air Force and has opened an office in Evanston. Good luck and we'll hope to see you at the meetings this fall, if not before, Marvin. That's all 'til next fortnite.—*Arthur G. Freeman, Branch Correspondent.*

WEST SIDE

Hi! Here we are again for our FORT-NIGHTLY visit with you. Wherever you are, whatever you may be doing, we hope you are enjoying this summer to the fullest extent. . . . You know life keeps on becoming more and more complex. In this day of atom bombs, supersonic speeds and miraculous electronic devices we are on a continuous merry-go-round. Hurry, hurry, all the time. Consequently in our relations with our fellow man we are fast losing that "Gracious Touch"—the pat on the back. . . . When Oscar Cyrier heard one of his dental college classmates was having a birthday, he enlisted the aid of George Hochman and William Pendergast to do something about the occasion. Through their efforts, on June 10th, at the Bismarck Hotel, eighteen members of the Chicago Dental College Class of '14 gave Joseph Wiedder the surprise party of his life on his seventieth birthday. Joe cer-

tainly was taken by surprise and was emotionally overwhelmed by this fine gesture and the glowing tribute accorded him. May he for many years enjoy the Caddy Cart his classmates presented him as a remembrance of this grand day. For that "Gracious Touch" to Oscar Cyrier goes a "Star from Starkey." . . . Recently Sam Rakow returned from Kentucky with powdered sugar all over his face and mint leaves sticking out of his ears. Sam had journeyed to Louisville with the Shiller Liedertafel to present a choral concert for the Polio fund. We never knew Sam could sing, or can he? Yet we have heard those Mint Juleps will make anybody sing. How about it, Sam? . . . After two years in the Army Dental Corps, including a rugged tour of duty in Korea, Capt. Morris Ackerman is very happy to be a civilian again practicing at the same old stand, 1 N. Pulaski. . . . Leon Saltzman recently commissioned a 1st Lt. in the Army Dental Corps reported at Fort Sam Houston, Texas on July 1, where he is now attending the Brooks Army Field School. His Dad will carry on for him at his office, 9 S. Kedzie, until his return. Best of luck to you, Leon! . . . With the aid of daughter, Patricia, Vi Gubbins shanghaied Bill up to Ousterhaul Lake, Grand Junction, Mich. for ten days of just plain loafing and a much needed rest. . . . As usual, a goodly number of West Siders added gusto and zest to the Chicago Dental Society Outing on June 17th. Everyone had a most exhilarating day. On the golf prizes we did not do too well, but we sure carried off the door prizes. Every West Sider won a door prize. That is everyone except that olfactory offender, Sol Shiret. Better ask Sam Kleiman, Sol, how come no prize? Several of our members participated in and generously contributed to the extracurricular round table clinic held after the dinner. In the wee hours of the morning, they all agreed much more research is needed in this field of science or is it luck. . . . It was rather unfortunate that the Illinois Alumni Outing fell on the same day as the C.D.S. affair. However, those

who attended reported it too was a grand affair and a most enjoyable day was had by all. . . . Lewis T. Weinshenker died June 21, 1953. A charter member of the West Side Branch for more than forty-five years, as president, and in other offices and capacities, Louie worked constantly and diligently for our branch. We are indeed very proud to have had him with us. Beloved by all, we will surely miss him. We tender our sincere sympathy to his bereaved family. . . . Since Walter Kelly completed his successful year as our president his ulcers have stopped yipping and are back to normal. So again it is the "smiling Walter" Kelly. Or maybe he has been hitting the long shots out at beautiful Arlington Park. . . . After one misfortune after another, Harold Gillogly feels so good he is just rarin' to go fishing in northern Wisconsin. But, well, the Mrs. prefers going to Colorado for an extended vacation. So Harold, we hope you enjoy your trip to Colorado. Anyway, the mountains are beautiful and the fishing is good there, too. . . . While we are sweltering under temperatures of around a 100°, we got a card from William Bingaman squawking because the temperatures were as low as 55° at Ely, Minn. where he was trying to enjoy one of the oldest sports, fishing. How we would have liked to have traded places with him. . . . Max Chubin is up in the air so much between his two offices he feels like a Helicopter. Max reports he has big things under way for us this coming year. . . . That kind of winds up our little visit for this time. It has been swell. So how about dropping us a card and telling us what is new over at your house. Thanks a lot.—*Adolph F. Stark, Branch Correspondent.*

KENWOOD-HYDE PARK

Here comes the bride—the bride wore — and she had on — and — and — and the groom, well, he was there. Harry P. Moll took the big jump June 20th when he married Eleanore Jerycak. Best wishes for a long and happy life

together. Just remember Harry, it can be done as was shown by Dr. Strange and his wife when they celebrated their 25th. . . . That reminds me, I have been trying to get in touch with Howard and it must have been some celebration because he hasn't been around. . . . June may be the month for tying the knot, but Helen Daleanes is going to put Aristotle T. Flessor into that happy group of married men by taking the first step July 11th when they become engaged. Aristotle, keep chasing her until she catches you. . . . Lester Boyd has been down to the south, southern Illinois, where he was attending a study club meeting, lasting three days, but held only once a year. . . . Why is it that everybody goes to Wisconsin to try to take those mommies and daddies away from their children? Mark Reardon has been to Tomah, Wis. for three or four days. I hope that he did justice to the fisherman's stories. . . . Yours truly and wife celebrated our 11th wedding anniversary the 19th of June in that 101.8 weather, it might have been warm 11 years ago, but not that hot. . . . Seymour Yale has been under the weather with the intestinal bugs—why doesn't he try the bismuth compound and lots of cheese? . . . Our President, Elmer Ebert, has been seen eating on the fly trying to be two places at the same time, it seems that he has so many meetings that he doesn't have much time to even eat. Elmer, that is one of the things that they don't tell you about until it is too late to back out, but we know that you will get to those meetings even if it should kill you. Ulcers, ulcers and more ulcers. . . . Our director is also among those going fishing. What is so restful about going hours in a car through heavy traffic, then walking a short distance to a boat and rowing around all day trying to interest some poor sucker into getting onto your line just to have him fall off or be too small to keep and then have to throw him back????? . . . Col. Haven has returned from his trip to the west feeling refreshed??? (as everyone does after a vacation). . . . Wayne Fisher reports that his son Wayne is moving

into his new home near 90th and Dante. Well, Wayne, we will have to wish you and your wife a nice housewarming time instead of trying to get all of us into the house. . . . Oh sure, *try* to get this bunch together at one time. . . . Before very long it will be time to mark the dates for the fall meetings. You guys have got to come out regularly so that I will have something to write about. Everyone likes to see that his name gets into print—haw—haw! There are over 400 members in this branch and believe it or not, most of the information comes from about five men. How about the rest of you dropping a line or spending a dime to let us know what is going on in the world. . . . John Mackinson has taken upon himself a new address, after 42 years of fillings, etc., he has retired and now lives in Florida. . . . John McBride must be out of town because his phone just keeps on ringing. . . . David Handler has acquired a daughter, well, his son got married so he gets a daughter instead of losing a son. . . . Don't wait until the new directory comes out in August to let us know about moving; let us know and then we will let everyone else know too. . . . Just heard about the dentist that had made a full upper and lower denture for a patient and it was a perfect fit, but the patient came back and said that the teeth didn't fit, after the routine questions and getting negative answers the dentist was about to give up when the patient said that they still didn't fit, in the glass. . . . Robert Pinkerton is making plans to retire, well, at least he is taking the Arkansas board, good luck and show them how Chicago fills them. . . . David Torch is in his new office, just about 100 feet south from his old one. . . . M. B. Gelberd is planning to vacation in Wisconsin in a short time. He is just another one on the trails to the wild woods. . . . Just got word from Col. Haven with some information about some of the men at 5th Army, Col. Haven spent most of his time in Colorado Springs and Rocky Mountain National Park and now that he is back Lt. Col. Francis (the Deputy

Dental Surgeon) is going on a two-week leave. . . . Lt. Charles D. Dwight (orthodontist), Capt. Erwin J. Sarley, Lt. Arthur E. Berthold, and Lt. Roland D. Carlson, A.D.A. members, are now with the Chicago Dispensary, glad to have them here. . . . Capt. Sarley has a wonderful wife, not all could do what she did for him and that was to present him with a Father's Day present of a 7 pound son, CONGRATULATIONS. . . . Here is some good news for sure, Lt. Carlson has two orders, one is to get out of service (honorable release) and the other is to get married in September to Miss Marjorie Michel of Evanston. . . . This is your news for now.—*Warren H. Lutton, Branch Correspondent.*

WEST SUBURBAN

The West Suburban Branch had its annual golf outing on Wednesday, June 10 at the Itasca Country Club. The sports committee, consisting of Quent Mangion, John Frymark, Burton Zuley and Ed Walters, had amply prepared for a successful day. The day began with a disastrous thundershower lasting into the forenoon. The experience of a completely rained out day the year before, the anticipation that the same would happen again—plus the fact that there were many high school commencement programs the same day, did keep many a member away from the annual tournament. Although the weather cleared and the day ended delightfully, the turnout was only fair. President Rudy Hinrichs introduced numerous dignitaries among whom was the treasurer of the parent society, Dr. Silberhorn. After a wonderful steak dinner, Clarence Hanson presented his kodachrome travelog "Our European Holiday." The audience was fascinated and the ovation indicative of an excellent program. . . . After serious consideration Bob Christopher has decided to leave the practice of general dentistry. He plans a one-year residency in oral surgery with Dr. Edward Thompson at the Carle Clinic in Champaign,

Illinois. Good luck to you in your new studies Bob—come back better than ever. Dr. Edwin Black will take over Bob's practice on July 1st. . . . The Saint Paul Lutheran School in Melrose Park has graduated this year its 25th 8th grade class in a caries free condition. The American Dental Association indicates that St. Paul's School is the world champion and that no other school comes within a decade of its record of continuous dental care. All West Suburban members will be proud to know that this record has been achieved through the efforts of our own PAUL TOPEL!! In recognition of this outstanding achievement, an Award of Distinguished Effort by the Illinois Department of Public Health and the Illinois State Dental Society was presented by Dr. Elmer Ebert, president of the Chicago Dental Society. A special recognition voted by the officers and Directors of the Chicago Dental Society was presented to Paul who has been instrumental over the years in the success story of Saint Paul's Lutheran School. Many dental notables were on hand in honor of this presentation to one of our members and as a tribute to the school. Short speechmakers were Werner Gresens, president of the Illinois State Dental Society, and Edmund Kirby, chairman of the Dental Health Education Committee of the Chicago Dental Society. Mr. Edgar T. Stephens of the parent group also added his praises of the wonderful work of Paul Topel. Well some people have it—and Paul is one of them. . . . Bob Fencel recently completed his post-graduate work at Michigan. He is resting before returning to his practice. . . . Dr. Otillie Zeleney Baumrucker of the Women's and Children's hospital was honored early in June for her 50 years in medicine. Mrs. Baumrucker, who uses the professional name of Dr. O. Zeleney, is the wife of one of our branch members, Otto Baumrucker. Congratulations!! . . . By the way, I didn't receive much information in reference to where some of our members will vacation this summer.—*Anthony J. Malone, Branch Correspondent.*

SOUTH SUBURBAN

Now that the summer is officially here, the good little dentists pick up their appointment books and slash off a few weeks at random and take off for a vacation. With some of the older men, this act is usually performed very adeptly. There are some that consider this move for a long period of time such as Hank Bahlman who has his sights set for a trip to Hawaii this winter. At the present counting of noses, the following men are off on their various recluses: Boelens, Korellis, Rhind, Bettenhausen and last but not least, Brookstra. I wonder where Brookstra is off to at the present. He has a keen sense of determining just where the fish are biting the bestest and the mostest. John Verkaik of Lansing is the latest member of South Suburban to be called to the service. I shall endeavor as soon as possible to get the details and pass them on to you. . . . Just got word that Harold Drummond got delivery on that snazzy new Cadillac that he has had on order for quite some time. Also in the new car department, Jack Amram is sporting one of the European styled Studebakers. . . . The members of the hospital staff are conducting a survey of the Chicago Heights area to see if they cannot determine a minimum fee level that will be pretty standard. If there are any men who have not received a form, please let me know, and I shall be very happy to forward one to you. In addition, those men who have filled out their forms, will they bring them to the next hospital staff meeting or forward them to me. . . . That's all for now, let me hear from youse guys.—*H. C. Gornstein, Branch Correspondent.*

NORTH SIDE

Almost 100 North Siders and their guests were out to Sportsman Country Club on June 24th, to enjoy the fun and fellowship of our annual Golf Outing. Despite the over 90° heat more than 50 of the golfers completed their round of

golf, while the card players, the Gin Rummy addicts, and the conversationists held forth in the cool of the clubhouse. Carl Madda of the West Side looked like a winner with a 78 until Ted Olson came in late in the afternoon with a 76 to uphold the honor of the North Side. Bill Osmanski arrived at the 18th hole muttering to himself about 350 yard drives by Fred Verink of North Suburban who was in his foursome with Maurice Hubbell and Lactona's Wells Farnum. With the heat as it was Andy Sauer, Jr., and Harry Kent came in the opposite direction from the 18th green without explaining which course they were playing. Harold Oppice, Basil Cupis, Orville Larsen, Bob Hasterlik and Gerson Gould arrived at the outing by way of Arlington Park. At the dinner in the evening, Andy Sauer, Sr. was presented with a certificate in honor of his 50 years of service to dentistry. The presentation was made by James E. Mahoney, President of the Illinois State Dental Society. Paul W. Clopper, Secretary of the State Society, came out for the presentation. The officers of the Chicago Dental Society were our guests for the occasion. President, Elmer Ebert; President-elect, Sam Kleiman; Vice-President, Ed Luebke; Secretary, Gus Solfronk; Treasurer, Otto Silberhorn and Executive Secretary, Karl Richardson were all present. Hal Jeffcoat and Tom Simpson of the Chicago Cubs, Tom Glaviano and Bob McDonald of the Philadelphia Phillies and Bob Moser of the Chicago Bears were also guests. After the dinner and introduction of guests and celebrities, the many wonderful golf and door prizes were presented. Ted Olson took first prize for low gross score with a 76, followed by Carl Madda, second, and Jules Barrash, third. The prize for low net was taken by Bill Semiloff. The first prize for non-dentists was won by Don Walter who was on vacation from the Naval Academy at Annapolis. Don is the son of Herb Walter of Uptown Dental Laboratory who was present along with Jess Porter and Gus Wenerstrand of the same Lab. Other

(Continued on page 25)

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Ethics Committee

John M. Gates
Sol A. Shiret
Edmund B. Kirby

1954
1955
1956

Applications for Membership

The following applications have been received by the Ethics Committee: Any member having information relative to any of the applicants, which would affect their membership, should communicate in writing with John M. Gates, 5355 W. Irving Park Rd. Anonymous communications or telephone calls will receive no consideration.

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NEWS OF THE BRANCHES

(Continued from page 21)

guests present were Guy Miller, Bob Pollock and Bill Rogers of West Suburban, Walter Kelly, Sol Shiret and Sylvester Metcalf of West Side and Tom Roman of North Suburban. Adam Gansiorek of Standard, Dave Raymond of Hubert and Dick Ehrhardt of Ehrhardt Dental Laboratories were also present. John Wilson, president of Sky Harbor Airport, was with Arthur Allen. Stan Goldberg had as guests Leonard Holleb and his brother-in-law, Sidney Gilbert. Al Volz and his son, the guests of Bill Osmanski, provided the transportation from Wrigley Field for the ball players. It was such an enjoyable day that interest was expressed by a number of members in another similar occasion. . . . Hubbell wasn't the least concerned about the little money he lost on his round of golf. His friends claim he came back with his pockets full a few weeks ago after spending a few days with the Presbyterian Hospital group at the Chickaming Club. Louis Becker couldn't get out to the golf outing but he claims he now plays a full round of golf—nine holes on Sunday and the other nine on Wednesday. . . . Among the Northsiders present at the Evanston Country Club were Ed Swanson and his wife Kay, Bob Hay and his wife and George Hax, the class bachelor. They entertained at dinner their classmate Dr. Ty H. Dang and his charming wife Katherine, from Honolulu, who were attending commencement at N.U., where their son Richard received his B.S. degree. Richard plans to add an M.D. to his B.S. degree. He has already enrolled in N.U. Medical School. . . . Harold Gerstein attended the World Con-

ference on Endodontia in Philadelphia. . . . Marshall Nilsson has been away fishing in Canada. . . . Lee Jacobi has returned from two weeks at Miami Beach. . . . John Brahm and Mrs. Brahm have recently returned from Europe. They spent three months touring the continent. . . . M. F. McDermott claims that he has visited his daughter in New York so regularly, he no longer needs a road map. . . . Fred Scambler is back in the office after recovering from an operation. . . . Leo Swoiskin has been spending some time in Michael Reese Hospital where he was operated upon. . . . Meyer Poliak is taking time off to get settled on Briar Place. . . . Congratulations are in order for Bob Pond who has a new son, his third, and Herb Gustavson on the birth of a daughter. . . . We also have some recent graduates. Joanne Larsen, the daughter of Orville Larsen, graduated from Knox College at Galesburg. Roy Schulz's daughter, Bartella, graduated from Lake Forest. Roy is somewhat of a bachelor this summer while his wife is in Europe. He is spending some of his time at Lauderdale Lake near Elkhorn, Wisconsin. . . . Ed Luebke may be reached at Shawano, Wis., for the rest of the summer. . . . Maurice Fein is driving through Canada to the Gaspé peninsula for a few weeks. . . . Roland A. Weber is taking a trip East with a stop at Columbus, Ohio, on the way back. . . . Stan Goldberg has been staying at Glenwood Springs, Colorado. He expects to get some trout out of the Roaring Fork River. . . . Scavuzzo is vacationing at Sisters Lakes, Mich., for a few weeks. . . . Herb Boman, Jim Lane and Ray Dix are also out of town. . . . Ray Orsinger put in a week at Tomahawk, Wis., last month and is having

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another week at Three Lakes, Wis., at the present time. . . . Harry Nehf is going on active duty for two weeks with the 437th Troop Carrier Wing at O'Hare Field. Harry, a Lieutenant-Colonel, is the Commanding Officer of the Medical Detachment. . . . Paul Dolin has just returned from the service and expects to practice with his brother Al. . . . Bill Osmanski had a special engagement on July 8th, that he wouldn't let anything interfere with—helping Mrs. Osmanski to celebrate her birthday. . . . Walter Goldsmith is in his new office at Belmont and Sheffield. . . . Irwin Hirschenbein has moved his office and is now associated with LeRoy D. Levey. . . . That which is hardest to write we save until the last. Samuel Y. Rosenberg was buried on Wednesday, June 24th. Sam suffered from a rare malady for which he knew there was no cure. Though he knew his time was short, he smiled and worked almost to the end. It is the courage of such a man as Sam, that will make him long remembered by his friends.—*Frank Hanagan, Branch Correspondent.*

ENGLEWOOD

"This news is old enough, yet it is every day's news."—Wm. Shakespeare. Oh, Willy, you're *so* right. It is bad enough trying to pry a bit of info. from the girls during the season, but now that the meetings have gone off the air (or the air has gone out of the meetings) it is ter'ble, jist ter'ble. . . . Swish! It's

hot! 1-OH-4 this afternoon, and wouldn't you know it—Walden's and my air conditioners are not working—not enough juice in the building to kick 'em over! In fact, it's *so* hot that Devin dropped a book of matches in a puddle in front of his office, and they lit on the water. . . . "A.G." Person's effort to beat the heat has caused quite a bit of comment. Didja note his summer replacement for hair? Step right up and call him "Curley"—he's got the cutest darn Don Juan haircut you ever saw. Don Juan to lay down, that is, and he's so soft and fuzzy looking that I can hardly resist petting him on the top of the head. Must of went into the barber shop in our building—the one I narrowly missed stepping in, but didn't, because I spotted the new sign in the window, "Leave your head in our hands." . . . PersOn strOde into my Office the Other mOrning in a lOW mOOd. He lOOked Over my shOulder tO nOtice hOW the wOrk was cOmIng alOnG On my cOlumn, and grOWled, "What sOrt Of a stenOgrapher are you? YOU dOn't even knOW hOW tO spell!" I almOst tOld him Of a gOOd place tO gO tO, but On secOnD, thOught I Only said, "O— —!" . . . I am so happy to tell you that Milt Cruse is back with us and that he is looking and feeling so very well. Reuben Anderson drove Dr. and Mrs. Cruse to Evanston on June 13th to enable Milt to receive his Award of Merit in person. Northwestern University conferred the honor in recognition of Dr. Cruse's outstanding contributions to his profession and to his school.

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AGENTS FOR THE DISABILITY AND HOSPITAL PLANS OF THE CHICAGO DENTAL SOCIETY


We salute you, Dr. Cruse, you are magnificent. . . . Poor Henry Mathews. Seems he played golf on the 17th, and got an overdose of the well-known actinic rays and had a stroke right there on the course. That was bad enough, but the boys in his foresome (some four!) *made him count it!* Incidentally, I hear that Henry is in the market for a good used stork. He'll need it some time in September, so if any of you knows of one, please contact him, willya? . . . A fish is the fastest growing living thing in the world. You should just *see* how fast one of the critters grew between the time Bruce Spooner caught it and the time it got away. Leave us lachrymate. Go ahead, I'll wait. Well, it seems that Bruce had a "big one" on a stringer looped around an oar lock. Brother Grant came along and pulled the oar out to put it away. We will now pause twenty-three seconds for the air to clear. . . . Neighbor Glen Walden left on the 24th for London, Ontario and Quebec City, and won't be in to borrow my mould guide 'till July 20th. . . . Dr. and Mrs. Jim Hogg will be pleased to learn that they are the parents of a brand new baby girl, born June 15th. That makes two in two years for the Hogs. . . . Ed Scanlan is shipping Ma and the kids off to Estes Park for *his* vacation. "I regret that I have but one wife to send to the country," sez Ed. . . . Bill Ziervogel is muchly on the mend and is now at home waiting to see and hear from the gang. . . . Harry Kazen has spent every off moment on his tub, getting it ready for his trip. He and

Ralph Rudder sailed July 1st for three weeks of life on the water up northish. . . . Vince Milas was telling me that Ben Jostes has added a cluster to his Grandpappy Medal. "Don't put that in the FORTNIGHTLY—it's old stuff now," sez Ben. Well, O.K. fella, if you say so, I promise not to mention it, but if someone calls you *Old Granddad*, don't think he's ordering a drink. . . . Drink? Reminds me, we made up a batch of lemonade for Joe t'other day, while the War Department and I had Tom Collins. I left the bottle of gin on the table with staggering results—to Joe. I thought that "A Member" might like to hear the story, so-o-o-o:

— POME —

Joe got into Daddy's gin,
And boy, did he get plastered!
His mama sent him straight to bed,
The goofy little—guy.

Harold Hayes attended the Freeport Dental Society outing on June 10th, in Elizabeth, Ill., and visited several classmates while there. . . . Thomas Breed is to enter service soon. . . . Ray Van Dam presented a paper, "A Denture Procedure for the General Practitioner," in New London, Wis. on June 8th, when he appeared on the program of the Fox River Valley District Dental Society. . . . Joseph Romaine Waska, son of the eminent member (brrr!) from Englewood had his tonsils removed June 2. A few days later his ma served him corn on the cob, but the going was rough, what with a sore throat. The little guy tried hard, but finally looked at Mama and

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said, "Mama, I can't get these things off the bone." Believe me, a tonsillectomy is a great appetite builder; we've nicknamed Joe "Four Flush," 'cuz he's so hard to fill. . . . Have a nice Fourth? Saw a note in the paper, "136 killed in Nation's Celebration of Independence Day." And just think, at the battle of Bunker Hill 140 Americans died, which shows that it isn't the original cost that's so important; it's the upkeep. . . . John Boersma and Ted Vermeulen entertained the Sanders Dental Research Club at their summer home at Shorewood Hills, Michigan. Fourteen members and their wives enjoyed swimming and golf, and were served an outdoor breakfast at Ted's place, and John did himself proud by hosting at an evening smörgåsbord. . . . Roman C. Michels, many thanks for your very nice letter. Just one like it per month and I'd keep off the needle. . . . Joe will be seven on the 27th. Having acquired the mental capacity of the average congressman, he plans to tackle second grade come September. . . . Bob Tharp and frau took in the Kiwanis convention in New York this month. . . . Olivi's injured flipper has healed enough to permit his playing golf, so he is happy again. Ken Baker closed shop recently to become a guest of the government. . . . And as Lucas put it, "I was a guest of Ray Van Dam, and Ray was a guest of somebody else." He was speaking of the Kenwood-Hyde Park golf outing held July 1st at Southmoor Country Club. . . . We intended to write a last line for the column today, but after reading the

Commie court proceedings we have decided that we do not remember, and, anyhow, we do not care to make any further statements without consulting our attorney for fear of incriminating ourself. —*Pied Typer of Ramblin', Branch Despondent, Local 602.*

* * *

ABSTRACTS

(Continued from page 14)

cusses the distribution and function of the fifth cranial nerve in relation to the clinical features of tic douloureux and presents several case histories of special interest to dentists.

New methods of treatment, particularly of tic douloureux, should be used with caution. However, from the results of treatment in more than 200 cases with crystalline vitamin B₁₂ (1000 micrograms per cubic centimeter) it was found that this mode of therapy offers considerable promise in the alleviation of a disease which has caused infinite concern to physicians and dentists. Because of the relief from facial pain after injections of crystalline vitamin B₁₂ consideration should be given to initiating treatment with this agent in preference to alcohol injection or neurectomy. The latter methods should be employed only after it has been proved that vitamin B₁₂ failed.—*"VITAMIN B₁₂ IN TIC DOULOUREUX,"* by Lyon P. Streat, Ph.D., D.D.S. *Dental Digest*, May, 1953. O. C. L.

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THE PRINCIPLES OF PSYCHOSOMATICS IN DENTAL PRACTICE

(Continued from page 13)

examples; or (2) the hormonal secretions may be so excessive that the "stage of exhaustion" appears which is a shock-like state and is the prelude to death. The organism is damaged or destroyed by "an excess of its own defensive measures."

Diseases of Adaptation—If we look back to what was mentioned concerning delayed wound healing, decrease in resistance to inflammation and infection brought about by the deliberate use of ACTH and the cortical steroids in the treatment of disease, we discover an important clue concerning disease in general. *When adrenal cortical hormones are produced in excess by the body itself, diseases of adaptation may result. And these diseases are characterized by atrophy of lymphatic tissue, reduction of vital cells in the circulating blood, decrease in fibroblasts, and lowered resistance to inflammation and infection.*

Factors in Good Health and Adaptive Powers

When the autonomic nervous system and the adrenal mechanisms are functioning properly we have good health and dramatic powers of adaptation. Excessive function results in disease of adaptation and death.

Stimulus May Be of Cerebral Origin—Not for a moment must we forget that the noxious stimulus that sets in motion the chain reaction may originate in the cerebral cortex: *the mind rules the body, or if you prefer, the nervous and humoral mechanisms rule the body and the life processes.*

Damage and Defense—Selye concluded his address before the British Medical Association with the following statements: "Diseases consist of two components—damage and defense. Up to now medicine attempted to attack almost only the damaging pathogen (to kill the germs, to excise tumors, to neutralize poisons).

"As regards defense, hitherto medicine limited itself to such vague advice as the

usefulness of rest, wholesome food, etc. A study of the general adaptation syndrome suggests that henceforth we will be able to rely upon much more effective means of aiding adaptation to non-specific local or systemic injury by supplementing the natural defensive measures of the general adaptation syndrome whenever these are suboptimal."

Conclusion

The future of *dental* medicine lies in our efforts to aid the chemistry of the body to help in the defense against attacks from physical, chemical, bacterial, and psychic stresses.

* * *

NEWS AND ANNOUNCEMENTS

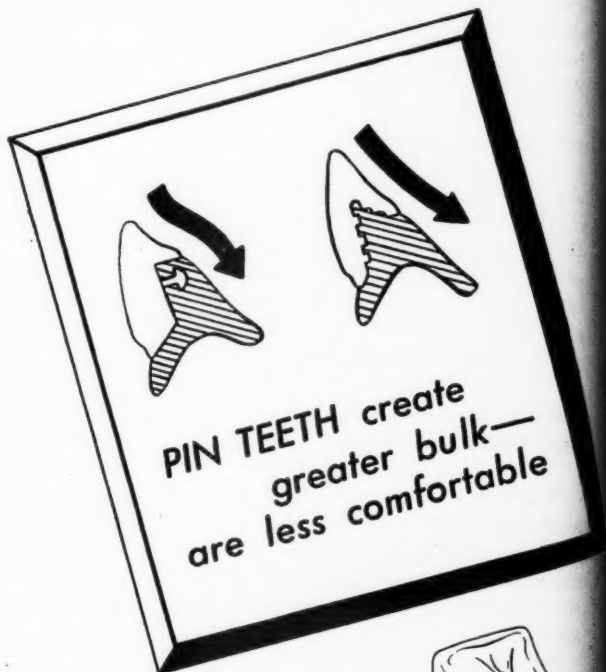
(Continued from page 15)

naturally containing fluoride ions in the ratio of from 7/10th to 2 parts fluorides to each one million parts of water. The state of Maryland leads all other states with a total of 1,545,657 persons residing in areas where water supplies are fluoridated. California, with 1,127,511, is second. Figures for other leading areas include: District of Columbia, 980,000; Michigan, 839,398; Wisconsin, 788,920; New York, 733,769, and Indiana, 731,916. The fluoridation program is now in operation in 43 states and the District of Columbia.

ATTENTION: SERVICE PERSONNEL

The Chicago Dental Society has no way of knowing when one of our members is called into service, or when one returns to private practice. Consequently, an occasional error exists in our records at the central office regarding membership. If all members, both entering or leaving service, would contact the Chicago Dental Society office and inform us it would be appreciated.

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